

Lincoln Information For the Elderly

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 Lincoln and Lancaster County

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A Guide To In-home & Other Support Services For Older People

The following list provides descriptions of in-home and other support services that are provided on a regular basis. For additional information regarding these services, call the number provided or contact LIFE for referral assistance at **441-7070**.

A "" denotes those services that cooperate with the Lincoln Area Agency on Aging LIFE - Supportive Services Program for reduced service rates.

Financial Assistance

Department of Health & Human Services - *Block Grant Program*Lincoln Area Agency on Aging - LIFE - *Supportive Services*

Program

Adult Day Services/Respite Care

Madonna Adult Day Services
 Senior Companion Program
 Tabitha Garden Lane Adult Day Services

Community Health, Personal Care, Housekeeping & Hospice

Ambassador Home Care

Arcadia Health Care

BryanLGH Home Health Care

Care Consultants for the Aging

FirstCare Home Health

FirstCare Health Services

Gentiva Health Services

Home Instead Senior Care

Memory Home Services for Independent Living Hospice Care Of Nebraska

Husker Home Health

Kelly Assisted Living

Saint Elizabeth- Home Care Services, Hospice, DME

Tabitha Home Health Care, Hospice, Home Care Specialties

Tabitha Meals on Wheels

Western Medical Service

Emergency Response System

BryanLGH Home Medical Services- *Lifeline Emergency Response System*Interim-In-Touch *Lincoln's Premier Lifeline Program* - Lincoln Area Agency on Aging/St. Elizabeth Regional Medical Center

Telephone Reassurance

BryanLGH Medical Center West - *Tele-Care* Retired Senior Volunteer Program (RSVP) - *TELECARE*

Financial Assistance

Nebraska Department of Health & Human Services

Lincoln/Lancaster District 1050 "N" Street, Suite 250, Lincoln, NE 68508 (402) 471-7000

The Nebraska Department of Health & Human Services provides Block Grant Services. These services are designed to provide assistance to older adults and disabled people to help them remain independent in their homes. Services paid may include: transportation, meals-on-wheels, adult day care, congregate meals, and chore (light housekeeping, grocery shopping, laundry, meal preparation).

A person may be eligible if age 60 years or over, or a disabled person. Persons 60 years or older or disabled may qualify if he or she has less than \$814.00 per month. A couple may have up to \$912.00 per month to qualify. A worker will do a needs assessment to determine if you qualify for services to be paid for through Block Grant.

Lincoln Area Agency on Aging - LIFE

Supportive Services Program
 1005 "O" Street, Suite 300, Lincoln, NE 68508
 (402) 441-7070

You may be able to receive the services you need at a reduced price through the agencies marked with a "" if you are 60 years of age or over, don't qualify for Block Grant aid or Medicaid Waiver, and have an income less than \$1,992.00 per month. The price you pay will be based on your monthly income. If you are interested in receiving services at the reduced rate, please tell the service provider that you would like to apply for the Lincoln Area Agency on Aging subsidy when requesting services.

Adult Day Service/Respite Care

Senior Companion Program - Respite Volunteer Program 1005 "O" Street, Suite 300, Lincoln, NE 68508 (402) 441-7070

Volunteers provide companionship and supervision to elderly or disabled people on a scheduled basis, while the regular caregiver takes a break for personal or business reasons. Volunteers do not provide cooking, housekeeping, or personal care services. There is no charge for the services of a Senior Companion. For more information call LIFE at (402) 441-7070. LIFE and Senior Companion are programs of the Lincoln Area Agency on Aging.

Madonna Rehabilitation Hospital

Adult Day Services & Alzheimer's Program 5401 South Street, Lincoln, NE 68506 (402) 483-9571 Admission Department

Trinity United Methodist 1345 South 16th Street, Lincoln, NE 68502

Provides care and supervision during the day to older or disabled people in group settings. Services are available Monday through Friday during daytime hours (normally 8-10 hours) at two sites in Lincoln. The Alzheimer's site is available Monday through Saturday. Activities provide opportunities for socialization, recreation, a noon meal, transportation, blood pressure monitoring, exercise, shaving, nail care, and other nursing services. Charges for these services are based on a sliding fee scale according to the client's income. Eligible lower income people may have the service paid for by the Department of Health & Human Services Block Grant aid on a sliding fee scale through LAAA Supportive Services Program, or Medicaid Waiver. Specialized programming is arranged for participants with Alzheimer's disease.

Tabitha Nursing & Rehabilitation Center

Garden Lane Adult Day Care Services 4720 Randolph Street, Lincoln, NE 68510 (402) 486-8579 Admission Department

Offers an established program, uniquely designed to meet the day-to-day needs of individuals coping with Alzheimer's Disease and other dementias. Tabitha Adult Day Services will operate 6:30 am-5:30 pm, Monday-Friday, 52 weeks per year. These include: New Year's Day, Memorial Day, Independence Day, Thanksgiving Day and Christmas Day. Services provides a morning snack, a noon meal, an afternoon snack, and various therapeutic activities throughout the day. These activities include: arts and crafts, music, cooking, pet therapy, exercise, reminiscence, games and much more. All of this is included in the \$35.00 daily fee. Additional services can be purchased. For example: medication administration, bath or shower, nutritional assessment, beauty shop and more. Garden Lane has been approved for Medicaid funding through the Department of Health & Human Services Program.

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Community Health, Personal Care, & Housekeeping

Ambassador Home Care Nebraska City, NE 68410 (402) 873-4248

Home health care provides skilled nursing with a broad range of services and patient/caregiver teaching. Certified Home Health Aides for personal cares. Also licensed physical, occupational and speech therapists. Medicare, Medicaid and private health insurance or private pay accepted. Fill and titrate electronic pumps.

Arcadia Health Care 3130 "O" Street, Suite D, Lincoln, NE 68510 **(402) 435-5533**

Arcadia's in-home care is provided by companions, home health aides, licensed practical nurses, and registered nurses. It offers custodial and skilled nursing care. Arcadia will coordinate other needed services, aid with transportation, aid in obtaining medical supplies and equipment, cooking, housekeeping, and companionship. A nursing supervisor will discuss cost of services before initiating service. Arcadia has an insurance specialist who can help determine if you are eligible to receive coverage from your private health insurance. All employees are bonded and guaranteed.

BryanLGH Home Health Care 4645 Normal Boulevard, Suite 200, Lincoln, NE 68506 (402) 481-2900

BryanLGH Home Health Care, a service of BryanLGH Medical Center, provides skilled services per physician's order. Nursing, physical, occupational, speech therapies, home health aides, dieticians, and social workers are available on an intermittent basis. Services may be paid for by Medicare, Medicaid, private insurance, or private pay. The home health care staff develop a coordinated care plan with the physician, patient and family, and other agency staff to achieve the highest level of health and independence possible.

Care Consultants for the Aging 6211 "O" Street, Suite B, Lincoln, NE 68510 (402) 488-3771

A registry/referral service that assists families in hiring their own home caregivers to enable continued independent living. Caregivers can provide assistance with bathing, personal care, medication reminders, companionship, light housekeeping, laundry, meal preparation, assistance to appointments/shopping, respite care, and medical assistance. The registry consists of companions, bath aides, home health aides, certified nursing assistants and nurses. Past employment, licensing, and criminal history checks are performed on all caregivers. Clients may interview and select caregivers. Payment is made on a private-pay basis. There are no hour minimums--services are available from 1 hour a day up to 24 hours/day.

FirstCare Home Health 941 "O" Street, Suite 204, Lincoln, NE 68508 **(402) 435-1122**

Provides continued care and support for independent living at home. Services provided are skilled nursing, geriatric patient care, psychiatric care, physical, occupational and speech therapy. Payments made by Medicare and Medicaid. All employees are bonded.

FirstCare Health Services 941 "O" Street, Suite 205, Lincoln, NE 68508 **(402) 435-1188**

Provides home health aides and skilled nursing care. 1 hour minimum. 24-hour care available. Private pay, private insurance and Medicaid Waiver.

©Gentiva Health Services 1540 South 70th Street, Suite 202, Lincoln, NE 68506 (402) 434-8081

The staff consists of registered nurses, licensed practical and vocational nurses, nursing assistants, home health aides, companion aides, physical therapists, occupational therapists, social workers, and homemakers. Employees are insured and bonded. 24-hour care is available. Payments may be made through private pay, private insurance, Medicare, or Medicaid.

Home Instead Senior Care

1232 High Street, Suite 1, Lincoln, NE 68502 **(402) 423-8119**

Provides companionship and domestic care such as shopping, errands, light housekeeping, laundry, meal preparation, and incidental transportation. Companionship can include reading, emotional support, and respite service. Employees are bonded and insured. Costs will be discussed when you call for service. Separate 24 hr. & overnight rates. Criminal background checks done on all employees. 3 hour minimum.

Nome Services for Independent Living (H.S.I.L.) 1700 South 24th Street, Lincoln, NE 68502 (402) 441-7501

H.S.I.L. provides housekeeping and personal care to older and disabled people on a sliding fee schedule according to income. The usual services include light housekeeping, grocery shopping, some personal care (bath, shampoo), transportation to medical appointments (if providing regular ongoing services), meal preparation, and laundry.

Hospice Care Of Nebraska 1600 South 70th Street, Suite 201, Lincoln, NE 68506 (402)488-1363 or 1(800) 826-3841

Provides care to terminally ill people in their homes, or other facilities. Nursing care, medical, social services, counseling, pastoral care, short term in-patient, respite care, home health aide and homemaker, physical, occupational, and speech therapy. Volunteers provide transportation, run errands and offer companionship for patients and respite for caregivers. Payment can be made by Medicare, private insurance, or private pay. All people, regardless of ability to pay, are entitled to hospice services. All employees are bonded. Services also available in York area.

6040 S. 58th St., Suite A, Lincoln, NE 68516 (402) 421-7920

Provides skilled nursing, RNs, LPNs, certified nursing assistants, home health aides, companions, homemakers, social worker, physical, speech, and occupational therapists. Employees are screened and bonded. Free initial assessment to determine client needs. A one-hour minimum of care is available (at higher rate). Payments may include Medicare, Medicaid, private insurance, or private pay. 24 hour care is available. In-Touch care phone and medication carousel are also available.

Kelly Assisted Living 770 North Cotner, Suite 408, Lincoln, NE 68505 **(888)** 545-3559

Staff consists of homemakers and certified home health aides who offer personal care, companionship, housekeeping, and transportation. Employees are insured, bonded, and supervised by a registered nurse. Services are provided for 2-24 hours, 7 days a week. Payments may include private pay or private insurance. Kelly Assisted Living is not a Medicare or Medicaid provider. Kelly specializes in extended care. Kelly also provides skilled nursing care.

Saint Elizabeth Home Care Services 555 South 70th Street, Lincoln, NE 68510 (402) 486-7043

Provides skilled nursing, home health aides, physical therapy, speech therapy, homemaker, and occupational therapy, private duty nursing, home medical equipment, as well as assistance from a social worker. These services promote, maintain, and restore health to minimize the effects of illness. Payments may be made through Medicare, Medicaid, private insurance, or private pay. There is a one hour minimum charge for services provided. All employees are bonded. Hospice services are provided in the home.

Sample 1 Interim HealthCare

Tabitha Health Care Services 4720 Randolph Street, Lincoln, NE 68510

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(402) 486-8520

Tabitha Home Health Care

Provides skilled services in the home per physician's orders. Staff includes registered nurses, home health aides, physical therapists, speech\language pathologists, occupational therapists, psychiatric nurses, dietitian and social workers. Employees are bonded. The agency is Medicare and Medicaid certified and has a sliding fee scale for skilled services.

Hospice of Tabitha

Provides care for persons with a terminal illness in their homes. Caregiving can also be provided within the Maseman unit at Tabitha Nursing and Rehabilitation Center. Quality of life and pain control are emphasized. Hospice of Tabitha is Medicare and Medicaid certified.

Home Care Specialties of Tabitha

Provides skilled nursing, home health aides, homemakers, companionship, transportation, errands, respite, medication set up, bath, and 24 hour care. Homemaker services include grocery shopping, companionship, errands, laundry, meal preparation, transportation, and light housekeeping. All employees are insured. Payment is made by private insurance, private pay and qualifying programs.

Tabitha Meals on Wheels

A hot noon meal is delivered to individuals who are homebound or disabled. Meals are delivered seven days a week. Meals may be delivered on a short-term or long-term basis. Financial referral and other payment options are available to qualified individuals to cover the cost of meals.

Western Medical Service

7501 O St., Suite 106, Lincoln, NE 68506 **(402)** 483-2032

Western Medical Service provides RN, LPN, home health aide. All employees are bonded. Medicaid certified. Will do private duty also.

Emergency Response Systems

BryanLGH Home Medical Services - *Lifeline Emergency Response System*BryanLGH Medical Center East

1600 South 48th Street, Lincoln, NE 68506 (402) 481-3888

Lincoln's Premier Lifeline Program - (a joint program of Lincoln Area Agency on Aging and St. Elizabeth Regional Medical Center) Lincoln Information For the Elderly (LIFE) 1005 "O" Street, Suite 300, Lincoln, NE 68508 (402) 441-7070

These two personal emergency response systems are designed to help elderly or disabled people to live independently in their homes, providing them immediate access to emergency help at any time. Using a standard home telephone, and easy-to-use custom designed equipment, *Lifeline* subscribers can call for emergency assistance from anywhere in their home or yard by merely pressing a button. This means you can have the security of *Lifeline* service, plus the additional years of independence in your home.

When you inquire about *LAAA/St. Elizabeth Regional Medical Center Lifeline*, a LIFE counselor will contact you to arrange a personal home visit to demonstrate how *Lifeline* operates and answer any questions. In addition, the LIFE counselor will be able to help you easily obtain and use other community services. Please call LIFE at **441-7070** for further information. People who live outside of Lincoln's city limits can also subscribe to the Lifeline Program

Interim-In-Touch

Interim HealthCare 4535 Normal Boulevard, Suite 235, Lincoln, NE 68506 (402) 488-4034

A unique service that provides conversation, companionship, reassurance, medication reminders, health care coordination, and, if necessary, responds to emergencies. Interim-In-Touch is a two-way voice communication system. With one touch of a small remote call button, an individual can speak to a specially trained attendant 24 hours a day, seven days a week. An Interim HealthCare representative will visit with you in your home to explain the program before installation.

Telephone Reassurance

BryanLGH Medical Center West - Tele-Care 2300 South 16th Street, Lincoln, NE 68502 (402) 481-5117

Tele-Care is a telephone reassurance program, providing members daily contact once every 24 hours. The *Tele-Care* member calls the *Tele-Care* number, which is staffed by volunteers between 8:30 and 10:30 a.m. If the volunteer does not receive the call, they will call the member. If they are unable to reach them, they will call a neighbor or relative listed on the registration form to personally check on the member to assure he or she is all right. This free service is sponsored by the BryanLGH Medical Center West Auxiliary.

Volunteer Services Division - Lincoln Area Agency on Aging TELECARE

129 North 10th Street, Room 241, Lincoln, NE 68508 **(402) 441-7026**

TELECARE is a program which gives a person living alone or disabled the security of knowing that someone will be calling at least once a day. This call, in addition to checking on the person's physical condition, becomes a friendly visit, and also a reminder to take necessary medications. If the client does not answer the call at the appointed time, an emergency plan goes into effect to provide assistance, if needed. There is no cost for this service. Volunteer Services Division is a program of the Lincoln Area Agency on Aging.

Further Assistance?

Do you have additional questions or concerns?

Do you need assistance? Please call us!

LIFE is a publicly funded human service organization which specializes in aging, eldercare, and retirement concerns. We serve older people, families, and the public.

LIFE welcomes opportunities to answer questions about aging services and benefits. We can help you select and arrange services. Our specially trained counselors can discuss personal circumstances and share over 20 years of experience.

If we can be of further assistance, please call us at (402) 441-7070 if you are calling from Lincoln, or call us toll-free at (800) 247-0938 if you are calling outside of Lincoln.

LIFE is a service of Lincoln Area Agency on Aging





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